



art stories studio

Art therapy services  
for those in retirement



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## WHAT SHOULD I EXPECT?

Art Stories Studio provides both individual counseling and art therapy services as well as group therapy opportunities for those in retirement. The goal of Art Stories Studio is for clients to experience a safe and supportive environment to tell their own story and sort through feelings. For older adults, art therapy helps individuals cope with complex age related issues.



## WHY ART THERAPY?

### Benefits for older adults:

- Increases opportunities for reminiscence
- Decreases in anxiety and opportunities for greater management of negative behaviors
- Fosters positive relationships with care staff, older adults, and family
- Provides opportunities for legacy building
- Improves quality of life
- Develops creative identity
- Establishes sense of personal empowerment, autonomy, and control
- Provides distraction from pain
- Allows exploration of existential and spiritual concerns
- Increases focus and active engagement in a present-centered process

### Benefits for your community:

- Enriches programming with art
- Creativity is a central component of care
- Engagement in the arts promotes positive thinking about the aging process
- Encourages creative thinking and activity in our older adults lives which promotes joy and a youthful spirit
- Opportunities for art shows to generate purposeful and meaningful activity

## WHO COULD BENEFIT FROM THIS TYPE OF THERAPY?

Aging isn't easy and often includes mental and physical illness or limitation, lifestyle transition, end-of-life decisions, and grief. Many individuals face loneliness, depression, confusion, fear, pain and a loss of identity during this time. Through counseling and art therapy, we are given the opportunity to further understand ourselves while navigating new territory. Ultimately, as our stories are told, they connect us with others and bring meaning and a sense of order to life. No matter your age, gender, ethnicity, or ability, your story matters!

